

## Infield/Outfield Coaches Session

### 1. Introductions

#### **Breakdown of Session**

Infield: What makes a good infielder?

#### 1. Pre Pitch Routine: A/ Right – Left or Left – Right Hop B/ Creep and Hop

- Remind Players Thumbs Up
- Corners Lower Middle more upright.
- Hands Lower for Corners, Higher For Middles.

#### 2. Body Position: A/ Fielding Triangle ( Ball in front of you)

- Knees Bent, Butt out, Hands in front, Straight Back

\*Drill Progression : No Ball, Stationary Ball, Rolled Ball, Short Fungo, Long Fungo

B/ Forehand – Glove Side foot Forward, Elbow Inside Knee, Glove out Front, Take Hands to the ball.

C/ Backhand – Glove Side Foot Foreword, Elbow in front of knees, Glove to ball.

- Show glove work drill.

#### 3. Attacking the ball : A/ Rounding or Creating angles

#### 4. Double Plays

A/ Shortstop Pivots – Right to Base, Left to Ball,  
Turn and Throw.

B/ 2B Pivots – Left to Base, Right to Ball, Set and Throw

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#### 5. Feeds

A/ Underhand Feeds

## B/ Overhand Feeds

### 6. 1B Feeds

A/ Left Hander field Forehand/ Right Hander Field  
Backhand.

### 7. Relay Work

A/ Open to ball ( get around ball)  
B/ Move with Ball  
C/ Get the right hop

## Outfield Work

### 1. Footwork for catching Fly Ball and making throw.

A/ Behind Ball  
B/ Catch Above your Head  
C/ Small Chop Steps

### 2. Footwork For Catching Groundballs

A/ Ball outside glove side foot.

## Drills

- Cone
  - 3 Cone
  - Communication Close Lines
  - Communication Further Apart
  - Gap Drill
  - Line Drive Drill
  - Drop Steps
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